

3324

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**JAN 18 2022**

**Independent Regulatory  
Review Commission**

Dear Commission,

IRRC # 3324  
Agency # 16A  
ID#4953

Thank you for your consideration to support registration of Naturopathic doctors in Pennsylvania.

As a naturopathic doctor, I wholeheartedly support this registration which will clarify our role and medical degree to the public. Registration will assure prospective patients that Naturopathic Doctor, ND, is a certified medical professional trained at a four-year federally accredited naturopathic medical college overseen by the Council on Naturopathic Medical Education (CNME).

My naturopathic training was completed at the National University of Natural Medicine in Portland, OR. Following graduation, I completed research at Oregon Health and Science University and then pursued a residency. As a first-year resident at University of California Irvine – Susan Samueli Integrative Health Institute I practice adjunctive care in an academic medical institute alongside medical doctors and osteopathic doctors. Born and raised in Douglassville, PA I have full intention of returning to Pennsylvania upon completion of my 2-year residency, with aspirations to continue to call myself doctor and work in an integrative setting where conventional doctors feel comfortable calling me a registered naturopathic doctor.

Having family and friends in Pennsylvania who want integrative options I guide them towards certified NDs. I describe naturopathic doctors as adjunctive medical professionals who support the patient in their journey to return to a positive state of health through botanicals, nutraceuticals, and lifestyle and dietary changes. Most often I guide friends to naturopathic medicine after they have self-started nutraceuticals from the grocery store or multi-level marketing corporations without medical consent. We are trained in drug/herb and drug/nutrient interactions thus preventing adverse events and interruption of conventional medical care.

My family is aware of the significance of the N.D. designation, I would love for the rest of Pennsylvania citizens to be educated consumers and feel protected in a naturopathic health care setting knowing there is oversight to naturopathic doctors.

Sincerely,

Dr. Hayleigh Ast, ND, PGY1